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# Health & Wellness *solutions*

NEWSLETTER FOR JOB CORPS HEALTH & WELLNESS STAFF

## Kittrell Job Corps Center Wellness Retreat

In the aftermath of the hustle and bustle of the holiday season, many of us feel like we could use a little more relaxation in our lives. For the last 17 years, students at the Kittrell Job Corps Center have found their much-needed peace and quiet at a wellness retreat at Satterwhite Point on Kerr Lake. Between two and four times a year, the center mental health consultant, Chris Messina, takes a group of students on a day-long retreat that focuses on relaxation and mindful awareness in the serenity of a peaceful lake setting.

During this retreat, students are taught essential life skills like the importance of taking a break, the importance of creating work/life balance, and the importance of committing to a healthy drug-free lifestyle. Students participate in a discussion group focused on relaxation and awareness skills. This includes instruction and practice in deep breathing and positive mental focus. Ample time is provided for the practice of these skills. Students also enjoy a cookout for lunch and afterwards they are free to walk, reflect, meditate, or engage in conversation with others, or simply relax and enjoy the peace and tranquility of the beautiful lake setting.

After taking students on retreats for nearly two decades, Dr. Messina is used to hearing comments like, “I didn’t know how relaxing this could be.” Recently, Dr. Messina ran into a student that had taken part in the retreat 8 years earlier. Dr. Messina could not quite place his former student, but the student remembered her experience at the retreat saying, “I remember what you taught us about relaxation. I still do it.”

This experience is open to all students and is a totally voluntary activity. Students are sometimes apprehensive at first; for many, a day without electronics with a focus on quiet and calmness is a new experience. After the initial trip, students often invite friends on future trips.

To recreate this activity at your center:

- Find a quiet nearby park or lake
- Prepare a few discussion topics on relaxation and positive thinking
- Bring a few guided meditations; download free meditations from <http://marc.ucla.edu/>
- Set up a time to check in with the students after the experience



**Kittrell JCC students are fortunate to be able to take time to relax at this beautiful setting — Satterwhite Point on Kerr Lake.**

# Car Seat Safety for Expectant Parents

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University Medical Center (UMC) Family Planning has provided two car seat safety classes for David L. Carrasco Job Corps' pregnant students. At the completion of the class, students receive a car seat free of charge from UMC.

Ms. Cruz, the family planning coordinator, brought this class to center because the students often cannot afford to purchase car seats. Many times students borrow an old car seat from a friend or family member that does not meet safety standards just so they can take their child home from the hospital.

During the car seat safety class, a UMC representative first shows a video on car seat safety and infant deaths, and then does a hands-on demonstration on how to safely strap an infant into a car seat. The class emphasizes the importance of always having a good car seat and using it properly. Students in the class can return to UMC and trade in their infant/toddler car seats for an age-appropriate car seat.



DL Carrasco students participate in car seat safety class sponsored by UMC Family Planning.



# Preventing Violence in Job Corps

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Listed below are tools available to assist centers with their violence awareness, prevention, and response efforts that can be found on the Job Corps Health and Wellness website under the health topic "Violence" at: <http://jcweb.jobcorps.org/Health/Pages/Violence.aspx> and SIMON at <https://simon.jobcorps.org/>.

## Documents

- Job Corps Information Notice No. 11-60: Recognizing Warning Signs of Potentially Violent Behavior, and the Referral Process, Release Date: March 27, 2012
- Job Corps Information Notice No. 11-14: Violence Awareness and Prevention Recommendations, Release Date: September 16, 2011
- APAs Managing Distress in the Aftermath of a Shooting or Traumatic Event
- SAMHSAs Tips for Talking with and Helping Children and Youth Cope after a Disaster or Traumatic Event
- Critical Incident Crisis Intervention Plan
- The Road to Resilience <http://www.apa.org/helpcenter/road-resilience.aspx>

## Training Events

- Understanding and Preventing Youth Violence, Dating Violence, and Youth Suicide Webinar, Date: February 28, 2012
- Youth Violence: Prevention and Response Webinar, Date: January 23, 2012 SafetyNet Violence Prevention Training, <https://simon.jobcorps.org/>



# Nicotine Replacement Products

— Diane Tennes, PhD

Cigarette smoking is the single leading cause of preventable disease and death in the United States, leading to more than 400,000 deaths annually. Quitting smoking lowers a person's risk of getting various cancers, including lung cancer, and reduces their chances of suffering from heart disease, stroke, emphysema, and other serious diseases.

Unfortunately, for many of us, students included, quitting smoking is easier said than done. Quitting smoking, often compared with breaking an addiction to heroin, befuddles even those with the most willpower. Many people who want to quit turn to nicotine replacement products (NRP), including patches, gum, nasal spray, and lozenges to help kick the habit.

*Over-the-counter NRP are approved for sale to anyone over 18 years old. The research shows those under 18 do not appear to get the same benefits from using NRP and sometimes NRP use even increases their smoking.*

There are also non-nicotine containing medicines that are FDA approved as smoking cessation products—Chantix (varenicline tartrate) and Zyban (bupropion). Both are available in tablet form on a prescription-only basis. In July 2009, the FDA required both products to carry new safety information on their label explaining the serious risks for users taking these drugs. These risks include changes in behavior, depressed mood, hostility, and suicidal thoughts or actions. These two medicines are rarely used in Job Corps.

The following chart shows the pros and cons of each NRP:

Method	Description	Pros	Cons
<b>Nicotine Patches</b> (generics known as transdermal nicotine patches, as private-label products, and under the brand names Habitrol and Nicoderm)	<ul style="list-style-type: none"> <li>Nicotine delivered through skin</li> <li>Users weaned off by switching to lower-dose patches</li> <li>Most smokers should start using a full-strength patch (15-22 mg of nicotine) daily for 4 weeks, and then use a weaker patch (5-14 mg of nicotine) for another 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Convenient and only have to be put on once a day</li> <li>Study in <i>Addiction Journal</i> found patches to be the most effective NRT</li> </ul>	Side effects include skin irritation, racing heartbeat, sleep problems, and headache (especially with 24-hour patch vs. 16 hour)
<b>Nicotine Gum</b> (generics known as nicotine gum, as private-label products, and under the brand name Nicorette)	<ul style="list-style-type: none"> <li>Nicotine is taken in through the mucous membrane of the mouth</li> <li>Gum comes in 2 mg and 4 mg strengths</li> </ul>	<ul style="list-style-type: none"> <li>Fast acting</li> <li>Lets the smoker control the dosage to help keep cravings under better control</li> <li>Usually sugar free</li> </ul>	Food and drink can affect how well the nicotine is absorbed
<b>Nasal Spray</b> (prescription only nasal spray sold under the product name of Nicorette)	Nicotine is taken in through the nose	<ul style="list-style-type: none"> <li>Delivers nicotine to the bloodstream quickly</li> <li>Easy to use</li> </ul>	A person can transfer their dependence on nicotine from cigarettes to the fast-delivering nasal spray
<b>Nicotine-containing Lozenges</b> (generics known as nicotine lozenges, as private-label products, and under the brand name Commit)	<ul style="list-style-type: none"> <li>Like nicotine gum, the lozenge is available in two strengths: 2 mg and 4 mg</li> <li>Smokers choose their dose based on how long after waking up they normally have their first cigarette</li> </ul>	<ul style="list-style-type: none"> <li>Lets the smoker control the dosage to help keep cravings under better control</li> <li>Usually sugar free</li> </ul>	The potential for abuse is quite high because nicotine lozenges are used as needed and are similar to candy in taste and form

## References:

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# Nicotine Replacement Products (con't.)

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## News and Notes

- In November, the DHHS launched <http://www.betobaccofree.gov>. This website contains free resources on secondhand smoke, teen smoking, smokeless tobacco, tips to quit from former smokers, and information about the health effects of smoking.
- See weekly updates on the 2012-2013 influenza season at <http://www.cdc.gov/flu/weekly/>.
- The CDC released a new Vaccine Storage and Handling Toolkit at <http://www.cdc.gov/vaccines/recs/storage/toolkit/default.htm>.
- Learn more about the forthcoming DSM-5 from the American Psychiatric Association at <http://www.dsm5.org/Pages/Default.aspx>.
- View CDC's new report *Vital Signs: HIV Infection, Testing, and Risk Behaviors Among Youths — United States* by searching this title on <http://www.cdc.gov/mmwr>.

## Who Are You Following?

Get health updates on social media.

- Official Twitter account of SAMHSA @ <http://twitter.com/samhsagov>
- National Suicide Prevention Facebook Page @ <https://www.facebook.com/800273TALK>
- New York Times Health @ <https://twitter.com/nytimeshealth>

## Winter Observances

Plan your winter programs to coincide with health-related observations.

January	February	March
<ul style="list-style-type: none"><li>• National Birth Defects Prevention Month</li><li>• National Stalking Awareness Month</li></ul>	<ul style="list-style-type: none"><li>• Heart Month</li><li>• Teen Dating Violence Awareness Month</li><li>• National Wear Red Day, February 1</li><li>• National Black HIV/AIDS Awareness Day, February 7</li></ul>	<ul style="list-style-type: none"><li>• National Nutrition Month</li><li>• National Women and Girls HIV/AIDS Awareness Day, March 10</li><li>• National Youth Violence Prevention Week, March 18-22</li></ul>



# Toothpaste: Putting the Squeeze on Cavities

— Joseph Bee, DDS, MAGD, Old Dominion Job Corps Center

Brushing with toothpaste is important for several reasons. First, using toothpaste and the correct brushing action works to remove bacteria that grow on your teeth causing cavities. Cavities will also cause eventual tooth loss if not treated by your dentist. Second, toothpaste contains fluoride that makes teeth more resistant to decay. Some toothpastes stop the cavity process. Third, special ingredients in toothpaste help to clean, polish, and remove stains from teeth. Fourth, if your teeth are sensitive to hot or cold, you can consider using a toothpaste that is designed to reduce this sensitivity.

Toothpastes containing baking soda or hydrogen peroxide give your teeth and mouth a clean, fresh, and pleasant feeling. This can encourage you to brush your teeth more. Fluoride is the active ingredient that protects your teeth. Some toothpastes use a tartar-control ingredient to prevent the buildup of tarter on the teeth. New toothpastes offer advanced whitening formulas to safely removing stains to make teeth brighter and whiter.

Contrary to what toothpaste commercials show, the amount of paste or gel needed on your toothbrush for effective dental cleaning is only the size of a medium pea. Simply squeeze on a pea-sized dab of paste on the brush. If you brush with the toothbrush at a 45-degree angle slanted against the inside and outside of the tooth, down into the gum line, the paste will foam and you will remove bacteria at the gum line of the tooth. Children under 6 years old should be given a very small baby pea sized dab of toothpaste.

To maintain good dental health you should brush after each meal and before bedtime. Flossing your teeth will clean the tooth surfaces touching each other where your brush will not reach because of the tight space. Studies show that bacteria will grow on teeth within three hours of brushing so it is important to brush your teeth at least 3 or 4 times a day.

